



YOU ARE NOT ALONE

SUMMARY | Loneliness is an epidemic. A recent survey revealed the ten loneliest countries in the world included Brazil, Kenya, and the United States. Loneliness isn't a new experience nor one unique to our modern era. The Bible tracks loneliness through the ages. And yet God bends into our loneliness with a promise to be with us.

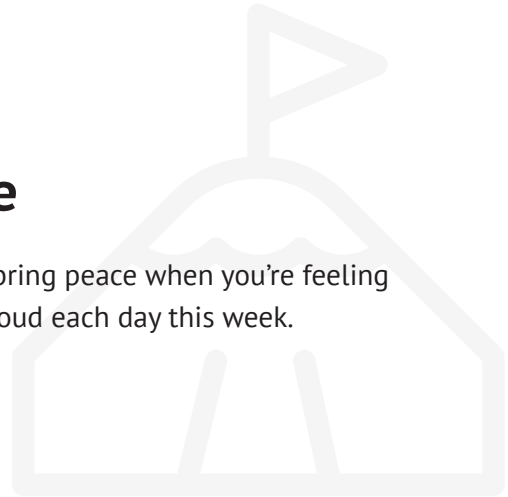
How can we understand our own loneliness? And how can we embrace God's antidote for this condition: His invitation into ongoing relationship? First, we'll focus on the pain of loneliness—acknowledging how very real the experience is for us all. In part 2, we'll look at how God meets us so that we are never really alone.

This Week's Discussion Questions

1. Read Psalm 25:16–19. How does the Bible describe “the pain of alone”?
2. In Genesis 2:18 and Psalm 68:5–6 we see relational loneliness described. How have you experienced this element of loneliness?
3. Read Exodus 18:13–26 and Ecclesiastes 4:8–13. What do you learn about vocational loneliness?
4. In Psalm 102:1–7, we see physical loneliness described. What are some of the elements experienced? Can you relate?
5. Psalm 22 and Matthew 26:36–46 reveal emotional loneliness. What does the psalmist say? How did Jesus experience this as well? What difference does this make in your loneliness?

Challenge

Find three Scripture verses or passages that can bring peace when you're feeling the weight of loneliness. Read them out loud each day this week.



Commit To Memory

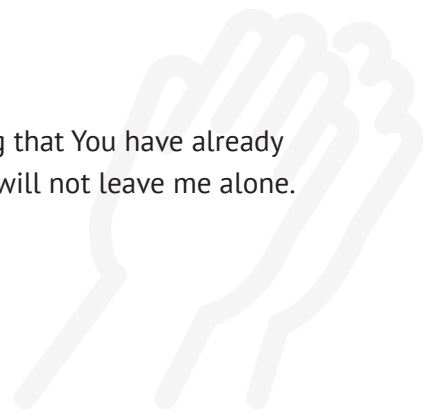
Hear my prayer, LORD;
let my cry for help come to you.
Do not hide your face from me
when I am in distress.
Turn your ear to me;
when I call, answer me quickly.

Psalm 102:1-2

Prayer

Dear Lord, help me to find You in my loneliness, knowing that You have already endured any loneliness I might experience and that You will not leave me alone.

Amen.





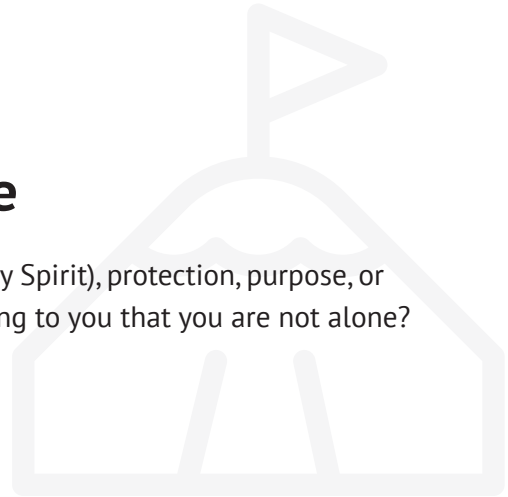
SUMMARY | The Bible tracks loneliness through the ages. And yet God enters into our loneliness with a promise to be with us. How can we understand our own loneliness? And how can we embrace God’s antidote for this condition: His invitation into ongoing relationship? After considering the “pain of alone” last week, we’ll now look at God’s presence, provision, paraclete, protection, purpose, and promise in our loneliness and discover that we are never really alone.

This Week’s Discussion Questions

1. Read Deuteronomy 31:1–8. What does God say to Moses? How are His words about His presence relevant to you today?
2. Similar words are offered in Joshua 1:5–9 to Joshua, Moses’ “replacement.” Why do you think God used such similar words again? How does God’s offer of provision to Joshua speak to you today?
3. In John 14:16–17, 25–27, Jesus offers a Paraclete, or helper. What do you learn about the Holy Spirit’s role in these verses? How are they true for you in this moment?
4. When Jesus offers what we now know as the Great Commission in Matthew 28:16–20, He also gives a purpose. Linger on these verses and consider what this means for you.
5. What promise does Paul give in Romans 8:31–39? How does this promise affect your understanding of never being alone?

Challenge

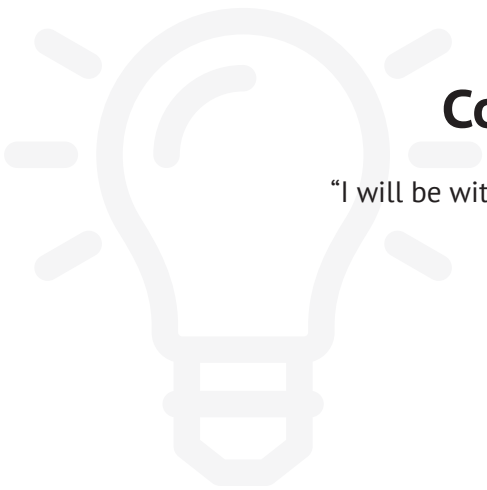
Presence, provision, paraclete (counsel of the Holy Spirit), protection, purpose, or promise? Which offering is currently most convincing to you that you are not alone?



Commit To Memory

“I will be with you; I will never leave you nor forsake you”.

Joshua 1:5



Prayer

Dear Lord, when I am lonely and when I feel alone, help me to remember
Your presence, provision, Paraclete, purpose, and promise. You will be with me.

You will never leave nor forsake me.

Amen.

